

Instructing skills

Planning and instructing gym-based exercise

Skills and qualities of a gym instructor

Approachable and friendly.

Effective communication and instruction skills.

Good posture and technique.

Professional appearance.

Sound knowledge.



Communication skills

Verbal communication

- Instructions and explanations.
- Motivational language.
- Voice tone and projection.
- Teaching points.



Visual communication

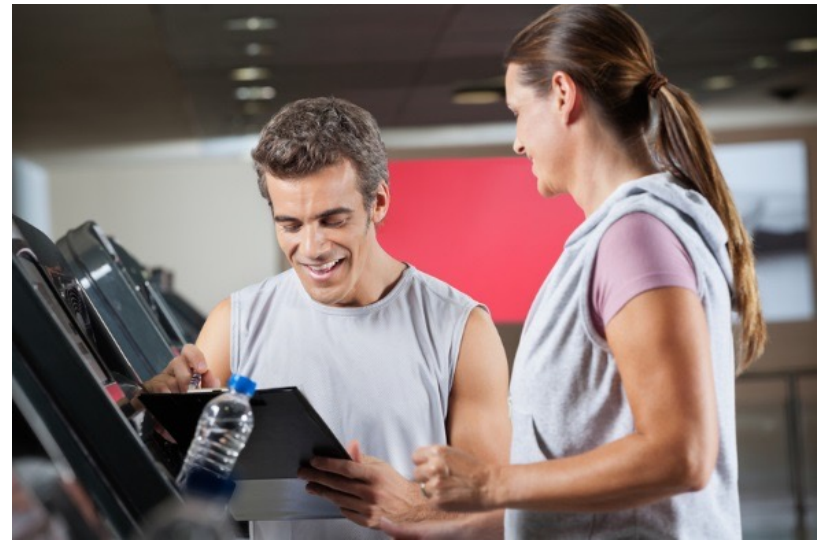
- Body language and facial expressions.
- Demonstrations and technique.
- Posture and alignment.



Active iQ

Key instruction points

- Be positive.
- Concentrate on what needs to be done, rather than what needs to be avoided.
- Use simple terminology – avoid jargon.
- Use precise instructions.
- User-friendly language.
- Be easy to understand.
- Clear and audible voice.
- Interesting tone.



Motivating clients

- Positive and constructive language.
- Accentuate the positive.
- Reinforce good technique.
- Use encouraging phrases:
 - To improve technique.
 - To push through difficult exercises.

Examples include:

- ‘Good job.’
- ‘Two more and you can do it.’
- ‘Keep your form.’
- ‘Nearly there.’



Instructing sequence acronym – NASTY!

N

- Name the exercise, purpose and muscles used.

A

- Adjust equipment to suit client.

S

- Silent demonstration with perfect form.

T

- Teaching points to reinforce observation.

Y

- Your client's turn.